

ABSTRACT

An information distribution system and method capable of averaging a traffic load over time and effectively utilizing communication facilities, wherein a terminal station 30 transmits to a contents server 10 a distribution request for desired information including information of time limit of distribution, and the contents server 10 receives the distribution request, estimates a time band where the traffic load is small in the communications system in the period until the time limit of distribution, pages the terminal station again at that period of time, and, if the terminal station is in a state able to receive the information content, transmits the requested information content to the terminal station 30 through a network node.

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